



## Managing Your Flu Symptoms

If you are sick at home and suspect it's the 2009 H1N1 Flu, here are some things you should do:

- Stay home from work or school, and avoid close contact with other people.
- Stay home for seven days after your symptoms start, or until you have no symptoms for at least 24 hours, whichever is longer.
- If you are pregnant or have a health condition like diabetes, heart disease, asthma or emphysema, check with your doctor by phone about any special care that might be needed.
- Get plenty of rest.
- Drink clear liquids, such as water, broth or sports drinks, to avoid becoming dehydrated. Electrolyte beverages are good for infants.
- Fevers and aches can be treated with acetaminophen, ibuprofen, or anti-inflammatory drugs without steroids. If you have kidney disease or stomach problems, check with your doctor before using those drugs. REMEMBER: Children or teenagers should not take aspirin because that can cause a serious illness.
- Some over the counter cold and flu medicines can help relieve symptoms, but you will still be contagious. They also may include certain pain medications, so if you plan to use both, check to make sure you are not double dosing.

Get Medical Help If You:

- Have difficulty breathing or chest pains, or if you have purple or blue color in your lips.
- Are vomiting or can't keep liquids down.
- Have signs of dehydration, like dizziness when you stand or you aren't urinating.
- Have seizures, such as uncontrolled shaking.
- Feel you are confused or someone says you appear to be confused.

**Guidance offered May 11, 2009.**

**For more information visit: [www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)**